WORK / REST WATER CONSUMPTION TABLE

HEAT CAT	WBGT INDEX (Degrees Fahrenheit)	EASY WORK		MODERATE WORK		HARD WORK	
		Work / Rest (Min)	Water Intake (QT/HR)	Work / Rest (Min)	Water Intake (QT/HR)	Work / Rest (Min)	Water Intake (QT/HR)
1	78-81.9	NL	1/2	NL	3/4	40/20	3/4
2 (green)	82-84.9	NL	1/2	50/10	3/4	30/30	1
3 (yellow)	85-87.9	NL	3/4	40/20	3/4	30/30	1
4 (red)	88-89.9	NL	3/4	30/30	3/4	20/40	1
5 (black)	MORE THAN 90	50/10	1	20/40	1	10/50	1

The work: Rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specific heat category.

Individual water needs will vary plus or minus 1/4 quart per hour.